

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

September 2018

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Director of Aging and Disability Services

Kristy Stambaugh

Aging Services Program Manager Sr.

Sean Wright

Information, Assistance & Community Resources

Jennifer Garland
Social Worker

Melissa Stiff
Social Worker

Amanda Patrick
Social Worker

Recreation & Travel

Martha Duncan
Program Manager

Jode Rose
Recreation Assistant

Wendy Jett
Recreation Supervisor

Lunch Reservations

Emily Dahlman

Website

www.lexingtonky.gov/lexington-senior-center

195 Life Lane
Lexington, KY 40502
(859) 278-6072

Hours of Operation
Monday – Friday
8 a.m. – 5 p.m.

Senior Center: Building Momentum

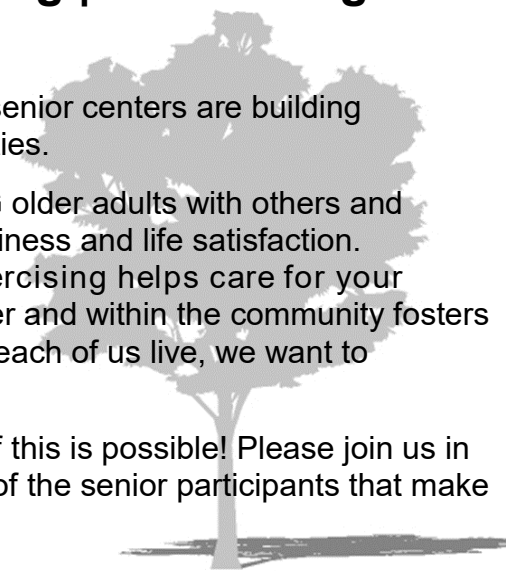
Growing | Learning | Giving | Connecting

September is National Senior Center month!

This year's theme was chosen to highlight how senior centers are building momentum for aging residents in their communities.

We know, through research, that **CONNECTING** older adults with others and making friends can have a huge impact on happiness and life satisfaction. **LEARNING** new languages and skills and exercising helps care for your body and mind. **GIVING** back at the senior center and within the community fosters purpose and a more meaningful life. As long as each of us live, we want to continue **GROWING** to be the most we can be.

Senior Centers are the perfect place where all of this is possible! Please join us in celebrating the Lexington Senior Center and all of the senior participants that make this the caring community that it is!



Participant's Council Fundraiser

Participant's Council is selling Lexington Senior Center towels as a fundraiser! They will have a table set up in the front lobby of the senior center. No specific times have been set, so call before you come to make sure they are here!

The proceeds from the sale of these hand-towels will go towards subsidizing the cost of the Thanksgiving Party meal.

The towels are \$5.00 each! Pick yours up today to support the Participant's Council!

Please make sure you **always** sign in at the MySeniorCenter computers, located at the front desk and upstairs by the coffee. Make sure you click on every activity you plan to go to.
Thank you!

Lexington Senior Center activities are open to all independent Fayette County residents age 60 and over. New participants are always welcome! Simply stop by the reception desk to complete a registration form. A participant's handbook is available to you with more detailed information regarding the center activities and policies.

September Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8 - Indoor Walking 8:30 - Adult Coloring 8:30 - Move IT 9 - Golden Arches 9 - Piano I 9:30 - Get Up & Go 9:30 - Beginning Hand Building 10 - Quilting Applique 10:15 - Piano 2 10:30 - Active Aging 11:30 - Get Up & Go 11:30 - Bid Euchre 12 - Pottery I 12:30 - Tai Chi for Better Balance 12:30—Eat. Weigh. Move. 12:30 - Standard American Bridge 1 - Pickleball 1:30 - Table Tennis 1:30 - Let's Dance 2:30 - Lotsa Line Dances 3:30 - BARRE. lattes!	8:30 - FLOW (yoga) 9 - Open Pottery Studio 9 - Crochet for a Cause 9 - Open Music Studio 9:30 - Lotsa Line Dances 9:30 - Checkers & Chess 10 - BINGO 10:30 - Beat. Drum. Boogie. 11:30 - China Painting 11:30 - Move IT 12:30 - Advanced Hand Building 12:30 - Get Up & Go 12:30 - Performance Group 1 - Hand & Foot 1 - Djembe Drums 1:15 - Station 2 1:30 - Flex.ABLE 1:30 - Conversational Spanish 2:30 - Station 2 2:30 - Reflections Yoga 3 - Indoor Walking 3:30 - Zumba Gold	8 - Indoor Walking 8:30 - Move IT - Muscle 9 - Golden Arches 9 - Intermediate Bridge 9 - Open Music Studio 9:30 - Get Up & Go 9:30 - Water Color 10—Duplicate Bridge (2nd and 4th Wednesday) 10:30 - Active Aging 10:30 - Brains, Balance & Beyond (Begins 9/19) 11:30 - Zumba Gold 12:00 - Acrylics 12 - Ceramics Painting 12:30 - FLOW (yoga) 1:30 - Table Tennis 1:30 - Pinochle 1:30 - Mindful Moments meditation 2:30 - Grid Drawing 2:30 - Tai Chi for Arthritis (seated)	8:30 - Punch a Bunch 9 - Pottery II 9:30 - Let's Dance! 10 - Sew Much Fun II 10 - BINGO 10:30 - Dance Team Practice 11—History Class 11:30 - Beat. Drum. Boogie. 11:30 - Bid Euchre 11:30 - Piano 2 12:30 - Open Pottery Studio 12:30 - CH.oga 1:30 - Mindful Moments Meditation 1:30 - Get Up & Go 2 - Olli Forum 2:30 - Station 2 2:30 - Tai Chi for Better Balance 2:30 - Mexican Train 3 - Indoor Walking	8 - Indoor Walking 8:30 - Move IT 9 - Golden Arches 9 - Open Pottery Studio 9:15 - Piano 2 9:30 - Get Up & Go 10 - Sew Much Fun III 10:30 - Active Aging 10:30 - Piano 2 11:30 - Simply Yoga 11:30 - Mah Jongg 11:45 - Piano 1 12 - Adult Coloring 12:30 - Open Art Studio 12:30 - Tai Chi for Better Balance 12:30 - Brains, Balance, & Beyond (begins 9/21) 1 - Piano 1 1 - Hand & Foot 1:30 - Zumba Gold
<div>Classes that are bold and italicized require registration.</div>				
3 Labor Day Lexington Senior Center is CLOSED	4	5 10:30 - Participant's Council 1 - NYK - Tony Delk Center 1 - NARFE meeting	6 10 - Book Club	7 1:30 - Friday Friends
10 9 - Diabetic Support	11 10 - Empowering Your Care 11 - Garden 101 1 - Disaster Preparedness 1:30 - NYK - Falls Prevention	12 10:30 - Brain Power	13 <div>September is a busy time in honor of it being National Senior Center Month! Make the most of your senior center, and attend all the classes you can!</div>	
17 11 - Technology 101	18 9:30 - Blood Pressure checks 9:30 - Cardiac & Stroke Event	19 10:30 - NYK - Humana360	20 10 - Book Club 1 - Fall Craft <u>No lunch, Bingo or indoor walking today</u>	21 12 - Love on a Leash 1:30 - Friday Friends
24 11 - Technology 101	25 9 - Health Screening Fair (until noon)	26 9 - Hearing Test 12:30 - AARP meeting	27 9 - Hearing Test 10 - Aging Support 1 - Origami	28 12:30 - Movie Matinee 1:30 - Friday Friends

ACTIVITIES AND EDUCATION



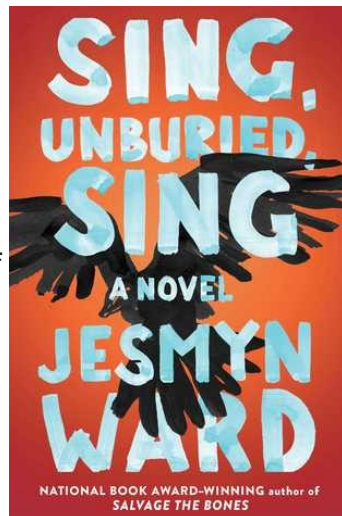
Carolyn's Corner Book Club

The Book Club is currently reading and will meet and discuss **The Lake House** by Kate Morton on **September 6 and 20**. The book club meets on the first and third Thursday of each month at 10 a.m. and is open to all.

The October reading, being announced here, will be *Sing, Unburied, Sing* by Jesmyn Ward and will be discussed on October 4 and 18.

Jesmyn Ward, the historic winner of two National Book Awards is the author of this 2017 winner for fiction. *Sing, Unburied, Sing* is an intimate portrait of a family and an epic tale of hope and struggle. It examines the sometimes ugly truths at the heart of the American story and the power – and limitations – of family bonds.

Jojo is thirteen years old and trying to understand what it means to be a man. His mother, Leonie, is in constant conflict with herself and those around her. She is black and her children's father is white. Embattled in ways that reflect the brutal reality of her circumstances, she wants to be a better mother, but can't put her children above her own needs, especially her drug use.



When the children's father is released from prison, Leonie packs her kids and a friend into her car and drives north to the heart of Mississippi and Parchman Farm, the State Penitentiary. At Parchman, there is another boy, the ghost of a dead inmate who carries all of the ugly history of the South with him in his wandering. He too has something to teach Jojo about fathers and sons, about legacies, about violence, about love.

Rich with Ward's distinctive, lyrical language, *Sing, Unburied, Sing* brings the classic road novel into rural twenty-first century America. It is a majestic new work from an extraordinary and singular author.

Conversational Spanish Class

Tuesdays 1:30 – 3 p.m.
September 4 – October 9

Want to learn to speak Spanish?
This is your opportunity.
No previous knowledge necessary!

Registration required;
please sign up starting August 30.

OLLI – Donovan Forum Series

Thursdays, 2 p.m.

9/6 **“The Golden Age of Bourbon” – Colleen Thomas** – Bourbon is booming in Kentucky. The Commonwealth's \$8.5 billion signature industry, dubbed an economic powerhouse by Mitch McConnell, is growing every year with no slow-down in sight. But the demand wasn't always there. Explore the Bourbon industry from its roots in pioneer life and discover what Kentucky distillers are doing today to sustain the growth and meet the demand for America's native spirit.

9/13 – **“Horsemen of the Bluegrass” – Yvonne Giles** – African Americans during enslavement and after emancipation were essential and critical to the development of racing in Kentucky. Join Yvonne Giles as she provides us with an overview of the history of the Horsemen of the Bluegrass!

9/20 – **“Coach Adolph Rupp: His Wit Legacy” – Donald R. Curtis** – Adolph Rupp was as colorful as he was successful. At the time of his retirement, he was the winningest coach of all time. He was known in the sports world as the “man in the brown suit,” “The Baron,” “Colonel” and “O Rupp and Ready.” No nickname, however, adequately describes the human interest of the man. Join Donald R. Curtis as he brings together the history of Rupp's legacy and wit.

9/27 – **“My Ancestral Kentucky Home: With James Sleet” – Eli Scarr** – My Ancestral Kentucky Home is an independently produced documentary that was first broadcast on KET in December 2016. The documentary follows community activist James Sleet in the effort to trace his African American and Native American heritage in Kentucky.

LOOKING AHEAD!



Halloween Party

Wednesday, October 31, 1 – 3 p.m.
Watch for tickets!

Thanksgiving Dinner

Friday, November 16, 11 a.m. – 1 p.m.
Watch for tickets!

Holiday Craft Bazaar and Open House:

Friday, December 14, 1 – 3 p.m.



Brains, Balance & Beyond! Is BACK!

Begins September 19!

Join us on Wednesdays at 10:30 a.m.
or Fridays at 12:30 p.m. in the
conference room for balance activities
and fun Brain Games!

LOVE on a LEASH!



Stop by and meet our
Love On a Leash canine friends!
Friday, September 21, noon – 1 p.m.
For autographs, hugs and kisses!



Join the LEXINGTON SENIOR CENTER Performance Group



Learn and practice the basics behind several
theatre based performance models such as
improv, scripted performance, mime, etc.

THURSDAYS: NOON – 1:30 p.m.
CLASSROOM A – 1ST FLOOR

This performance group will present at our
Holiday Open House in December.
NO EXPERIENCE NEEDED!

**We are currently accepting
ACRYLIC yarn and PUZZLE (300–500 piece)
donations. Non-smoking homes only. Thanks!**

Crafts!

Fall Craft!

Thursday, Sept. 20, 1– 3 p.m.
Make and take an easy fall
themed craft.
No skills necessary!

Origami!


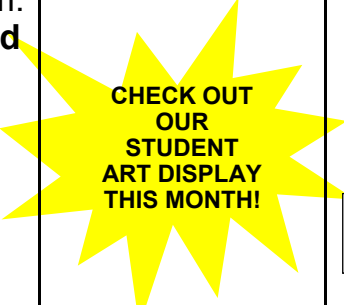

Thursday, Sept. 27, 1– 3 p.m.
Make a beautiful paper
flower bouquet.

**Sign up with Jode Rose on
the 2nd floor beginning
September 4.**


Please note: If you participated in
these classes in August, you will
be put on a waiting list for
the September classes.

These classes require PRE-REGISTRATION unless otherwise noted!



ART Studio A (2nd floor) Classes run 7 weeks. See page 7 for next registration date.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:30 – 11:30 a.m. Beginning Hand Building Noon – 2:15 p.m. Pottery I 	9 – 10:45 a.m. Open Pottery Studio 12:30 – 2:30 p.m. Advanced Hand Building	Noon – 4 p.m. Ceramics Painting <div style="text-align: center;">  </div>	9 – 11:15 a.m. Pottery II 12:30 – 2:15 p.m. Open Pottery Studio <div style="border: 1px solid black; padding: 5px; text-align: center;"> Like and follow us on Facebook! </div>	 9 – 10:45 a.m. Open Pottery Studio

ART Studio B (2nd floor) Classes run 7 weeks. See page 7 for next registration date.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10 a.m. – Noon Quilting Applique 	9 – 10:30 a.m. Crochet for a Cause <i>Join anytime!</i> 11:30 a.m. – 3:30 p.m. China Painting	9:30 – 11:30 a.m. Water Color Noon – 2 p.m. Acrylic 2:30 – 4 p.m. Grid Drawing	10 a.m. – Noon Sew Much Fun II	10 a.m. – Noon Sew Much Fun III 12:30 – 4:30 p.m. Open Art Studio <i>Join anytime!</i> <i>Bring your supplies</i>

Music Studio (2nd floor) Classes run 7 weeks. See page 7 for next registration date.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9 – 10 a.m. Piano 1 10:15 – 11:15 a.m. Piano 2 	9 a.m. – 2 p.m. Open Studio Practice time for those in class. Please limit practice to one hour. 1 – 2 p.m. Djembe Drumming (conference room)	9 a.m. – 2 p.m. Open Studio Practice time for those in class. Please limit practice to one hour.	 11:30 – 12:30 p.m. Piano 2 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Like and follow us on Facebook! </div>	9:15 – 10:15 a.m. Piano 2 10:30 – 11:30 a.m. Piano 2 11:45 a.m. – 12:45 p.m. Piano 1 1 – 2 p.m. Piano 1

These classes require PRE-REGISTRATION unless otherwise noted!

GROUP FITNESS

CHECK OUT one of our loaner ADULT TRIKES for some outdoor exercise!


Join us anytime! Classes marked with an asterisk (*) require a class card.

Pick one up at the 2nd FLOOR MySeniorCenter computer table. Classes meet in the group fitness studio, (2nd floor) unless otherwise noted and are on a **first come, first served basis.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. Move IT Wendy	8:30 a.m. FLOW (yoga) Jenny	8:30 a.m. Move IT – Muscle Wendy	8:30 a.m. Punch A Bunch Wendy/Carey	8:30 a.m. Move IT Wendy
9 a.m. Golden Arches Outdoor walking Carey	9:30 a.m. Lotsa Line Dances (int-adv) MiMi	9 a.m. Golden Arches Outdoor walking Carey	9:30 a.m. *Let's Dance! Rebecca	9 a.m. Golden Arches outdoor walking Carey
9:30 a.m. *Get up & Go Wendy	10:30 a.m. Beat. Drum. Boogie! Renee	9:30 a.m. *Get up & Go Cathy	10:30 a.m. LSC DANCE TEAM PRACTICE (You must be a current dance team member.)	9:30 a.m. *Get up & Go Wendy
10:30 a.m. *Active Aging Carey	11:30 a.m. Move IT Carey	10:30 a.m. *Active Aging Cathy	11:30 a.m. Beat. Drum. Boogie! Renee	10:30 a.m. *Active Aging Wendy/Carey
11:30 a.m. *Get up & Go Carey	12:30 p.m. *Get Up & Go Wendy	10:30 a.m. Brains, Balance & Beyond 2nd floor conf. room BEGINS SEPT. 19	12:30 p.m. CH.oga (chair yoga) Wendy	11:30 a.m. Simply Yoga Wendy
12:30 p.m. Tai Chi for Better Balance Victoria	1:15 p.m. Station2Station (in the fitness center) Carey	11:30 a.m. *Zumba Gold Cathy	1:30 p.m. Mindful Moments Meditation 2nd floor conf. room Wendy	12:30 p.m. Tai Chi for Better Balance Victoria
1:30 p.m. *Let's Dance! Jode	1:30 p.m. FLEX-ABLE (seated) Cathy	12:30 pm. FLOW (yoga) Wendy	1:30 p.m. *Get Up & Go Carey	12:30 p.m. Brains, Balance & Beyond 2nd floor conf. room BEGINS SEPT 21
2:30 p.m. Lotsa Line Dances (beg-int) Tess	2:30 p.m. Station2Station (in the fitness center) Carey	1:30 p.m. Mindful Moments Meditation Wendy	2:30 p.m. Station2Station (in the fitness center) Wendy	1:30 p.m. *Zumba Gold Cathy
3:30 p.m. BARRE.lattes! Renee	2:30 p.m. Reflections Yoga Victoria	2:30 p.m. Tai Chi for Arthritis (seated) Rebecca	2:30 p.m. Tai Chi for Better Balance Victoria	
PICKLEBALL INSTRUCTION OUTDOORS EVERY MONDAY 1-3PM ALL LEVELS!	3:30 p.m. *Zumba Gold Cathy			CHECK IN ON THE MYSENIORCENTER COMPUTER FOR CLASSES!

UPSTAIRS-DOWNSTAIRS


Cards & More (2nd floor) Join us anytime!

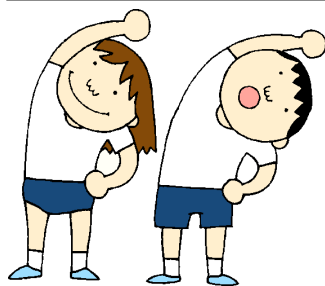
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. Adult Coloring	9:30 a.m. Chess & Checkers Instruction	9 a.m. Intermediate Bridge	11:30 a.m. Bid Euchre	11:30 a.m. Mah Jongg
11:30 a.m. Bid Euchre		10 a.m. Duplicate Bridge 2 & 4 Wed. of the Month ONLY	2:30 p.m. Mexican Train	Noon Adult Coloring
12:30 p.m. Standard American Bridge	1 p.m. Hand & Foot	1:30 p.m. Pinochle!		1 p.m. Hand & Foot

Movie Matinee
Friday, Sept. 28
12:30 p.m.

Multi-purpose room
Snacks & a movie!

Multi-purpose Room (1st floor)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8 – 10 a.m. Open Indoor Self guided Walking	10 – 11 a.m. Bingo	8 – 10 a.m. Open Indoor Self guided Walking	10 – 11 a.m. Bingo	8 – 10 a.m. Open Indoor Self guided Walking
1:30 – 3:30 p.m. Table Tennis	3 – 5 p.m. Open Indoor Self guided Walking	1:30 – 3:30 p.m. Table Tennis	3 – 5 p.m. Open Indoor Self guided Walking	
			(These activities are cancelled on 9/20)	



FITNESS CENTER
M/W/F, 8 a.m. – 4 p.m.
TU/TH 8 a.m. – 1 p.m.

Everyone must complete an equipment orientation prior to their first workout! Stop by anytime we are open!

For your safety: Proper athletic footwear must be worn in classes and in the fitness center. Must be closed toe and heel, rubber soled, tied or Velcro closures. **NO BOOTS, SANDALS, FLIP FLOPS, DRESS SHOES OR HEELS.**

Please bring water in a container with a lid. No coffee or other drinks permitted in the studio-fitness center.

MARK YOUR CALENDARS!

REGISTRATION FOR THE NEXT CLASS SESSION (Oct. 15 – Dec 7) WILL BEGIN Wednesday, October 10, from 9:30 – 11:30 a.m. in the 1st floor classroom



RESOURCES & EDUCATION

Disaster Preparedness

September 11 at 1 p.m.

Shelley Bendall, Preparedness Coordinator with Lexington's Division of Emergency Management, will give a presentation on emergency management, the Emergency Operations Center (EOC), and shelter facilities that are available during an emergency. She will also discuss the importance of being prepared for disasters at your home or workplace.

Now You Know

Tony Delk Center: Neuropathy

September 5 at 1 p.m.

Do you have weakness, numbness, or pain? Have you been diagnosed with neuropathy? Learn more about neuropathy from Dr. Nicole Miller, Chiropractor at the Tony Delk IMAC Regeneration Center. IMAC treatments can help alleviate burning, pain and numbness in the hands and feet WITHOUT expensive medications with serious side effects.

Light refreshments will be provided.

Empowering Your Care Decisions

September 11 at 10 a.m.

Join James Bernoski from Amada Senior Care to learn more about your options!

- Do you understand the financial options available for home care and housing?
- If you have long-term care insurance, do you know how best to use it?
- Have you determined whether you are eligible for benefits that cover home care through the VA?
- Did you know that if you have a life insurance policy, it can be converted to cover senior care costs?

Now You Know

Falls Prevention

September 11 at 1:30 p.m.

Falls are the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and are responsible for more than half of fatal head injuries.

Please join Megan Chandler, Therapy Program Director with the Willows at Hamburg, as she speaks about the 5 top causes for falls and ways that you can reduce your risk of falling in your home.



Friends of the Lexington Senior Center

We hope you enjoyed the Building Independence Workshop on July 26.

The Friends of the Lexington Senior Center is hard at work. Watch for more information coming soon.

Now You Know

Humana GO 360 & Silver Sneakers

September 19 at 10:30 a.m.

Presentation open to all seniors regarding the various programs available as a Humana member. Learn more information about the GO 360 and Silver Sneakers programs by Humana Agent Michael Ayersman.

Garden 101 Group

September 11 at 11 a.m.

Karen Whitt is coming back to talk about preparing your garden for fall with tips and tricks.



RESOURCES & EDUCATION

Cardiac & Stroke Screening Event September 18 at 9:30 a.m.

A physician from the UK Gill Heart & Vascular Institute will discuss good heart health and how to reduce your risk of heart disease. He will cover signs and symptoms of a heart attack, as well as what to do if you or a loved one may be having a heart attack. A second physician from the UK Kentucky Neuroscience Institute will discuss how cardiac health can influence your risk of having a stroke as well as covering signs and symptoms of a stroke and what to do if you or a loved one may be having a stroke.

Following these talks, UK physicians and staff will conduct cardiac and stroke risk assessments to help you determine what your risk is and ways to reduce that risk.

**This event is free, but registration is requested.
Please register at the front desk**



Like and follow us on Facebook to see pictures of events and get reminders about activities!

Blood Pressure Clinic

**September 18
9:30 – 10:30 a.m.**

You will be able to get your blood pressure checked in the front lobby of the senior center.

AARP Smart Driver Course

Date:
Monday, October 1

Time:
Noon – 4:30 p.m.

Cost:
\$15 for members
\$20 for non-members

Must register at the front desk.

Brain Power Class 10:30 a.m. September 12.

Improve your brain power and learn tips and tricks to keep your brain healthy during this last session taught by Elise Mandel.

Health Screening Fair

Tuesday, September 25
from 9 a.m. – noon

Drop in to visit with 25 different providers that will be here to speak with you!

- Blood pressure checks
- Memory screening
- Hearing screening
- Exercise demonstrations
- Smoothie sampling
- Much more!!!!



Hearing screenings and hearing aid cleanings 9 a.m. – 4 p.m. September 26 & 27

You must register for this service.
Registration will begin Monday, September 3 at the front desk.

Aging Support Group

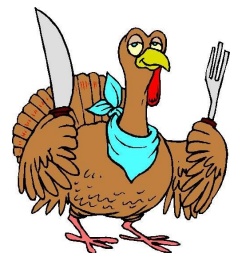
Join us on the fourth Thursday of every month at 10 a.m. for lively discussions of all things related to aging, life after retirement and tips on staying brain and heart healthy in your golden years. Share tips and tricks with the group, get to know fellow participants and enjoy a monthly meeting devoted to anything and everything you want to discuss.

**Fourth Thursday
10 a.m.
Conference Room**

Thanksgiving Basket Sign-Ups

We are now taking applications for Thanksgiving baskets. If you meet the following income guidelines, please get an application at the front desk or call Jennifer to request one.

Household	Income
1	\$1,316
2	\$1,784
3	\$2,252



**These applications are due back no later than Wednesday,
September 12.**

Jack Casino Cincinnati

Wednesday, October 24, 2018

Cost: \$30

(Includes motor coach transportation,
\$5 on casino card for gambling,
Free buffet and driver gratuity.)

9:30 a.m. – Depart LSC
11:30 a.m. – Arrive Jack Casino
4 p.m. – Arrive LSC

(Please park your vehicles in the
lower parking lot upon arrival.)



ALL TRIP Itinerary times are
approximate and subject
to change as needed.

Holiday Treats & Sweets

Gatlinburg, TN and Ashville, NC
November 26 – 30

Highlights include: Holiday & craft shows, Smoky
Mountain National Park tour, National
Gingerbread House display, Biltmore Estate
(*\$970 for double occupancy, \$1,215 for single occupancy*)

**Pick up a flyer on the 2nd floor
TRAVEL TABLE for more details!**

LOOKING AHEAD.....

Watch for more info in upcoming newsletters!

Registration begins when the trip info
is listed in the newsletter.

The Outlet Shoppes of the Bluegrass
November 14, 2018

La Comedia Dinner Theatre
"White Christmas"
December 5, 2018

Travel Physical Exertion Rating

Watch for the **Sneaker** rating for each trip! This rating
is intended to be a general estimate of the physical
exertion for the trip. Please speak with a staff
member if you have specific mobility concerns.

ONE Sneaker: minimal walking,
lots of sitting, may include stairs.

TWO Sneakers: moderate walking, may include
stairs, walking between buildings etc.

THREE Sneakers: Lots of walking, may include:
uneven surfaces such as gravel
or grass and/or multiple stairs



Waterways and National Parks of the Pacific Northwest!

July 25 – August 1, 2019

Highlights include Mt. Rainer National Park, San Juan
Islands and whale watching cruise, Chihuly Glass
Museum, the Space Needle and other Seattle highlights.

\$3,395 per person double occupancy
\$4,390 single occupancy
\$100 per person discount when deposits
are received by December 17, 2018.

Informational meeting:

October 19, 2 p.m.
This will be your first opportunity
to sign up for this trip!

TRAVEL REGISTRATION INFORMATION

Registration for day trips is on a first-come,
first-served basis until fullso don't delay.

REGISTER at the 2nd floor travel table at LSC.

Checks or money orders ONLY!

NO CASH OR CARDS.

Make payable to LSC Travel.

Payment **MUST** be made at time of registration.

For more information, contact:

Martha Duncan at 278-6072

mduncan@lexingtonky.gov

Jode Rose at 278-6072

srose@lexingtonky.gov

SATELLITE SENIOR CENTERS

The Senior Center at Charles Young Center

540 E. Third St. | 246-0281
Mondays & Fridays, 9 a.m. – 1 p.m.
Wednesday, 9 a.m. – 3 p.m.

Bodies in Balance: Improve muscle tone and flexibility.

Mondays, Wednesdays and Fridays, 9:30–10:30 a.m.

Pickleball: Join in this fun doubles game. Played in the gymnasium with a wiffleball and wooden paddles.

Fridays, 11 a.m.

Line Dancing: (Beginners) Fun-filled class that is sure to keep you moving. Instructor: Tess Morton **Wednesdays, 11:15 a.m. – 12:05 p.m.**

Jewelry Making Classes: Create your own jewelry from clay. No experience necessary. All materials and tools provided. Call Katherine to register. **Wednesday 12:30 – 3 p.m.**

Social Time: Card games guaranteed to keep your mind engaged. **Fridays, 11 a.m. – 1 p.m.**

Technology Help: Learn to navigate your tablet, phone or laptop. Call the Center to schedule an appointment. Assistance available on a one-on-one base.

First and second Monday of each month from 11 a.m. – 12:30 p.m.
Please Call Katherine to schedule

Elder Crafters at Black and Williams Center 498 Georgetown St. | 252-1288

Monday – Thursday, 9:30 a.m. – 2 p.m.

This center offers occasional exercise classes, ceramics, card playing, socialization, special events and projects that benefit citizens in need in our community.

Please call 252-1288 for a full list of activities and a calendar of events.

BELL HOUSE SENIOR ADULT ACTIVITIES

545 Sayre Avenue | 233-0986
Martha McFarland – mmcfarla@lexingtonky.gov

Bluegrass Senior Citizen's MONDAY CLUB

11:30 a.m. (lunch) / noon (program) **Bring a SACK LUNCH**

Non-member reservations are required for all provided luncheons.

September 3 – Labor Day – closed

September 10 – Enjoy “The Barrel Rocks” musical entertainment from Loren Tice & Lee Patrick (piano-sax)

September 17 – Enjoy storytelling from The Lexington Storytellers Group

September 24 – Hot Buffet lunch provided by The Lantern at Morning Pointe. September birthdays celebrated. We will be collecting dry food items for the Salvation Army.

SATURDAY September 8, 9 a.m. – 3 p.m. – Craft fair, bake sale, yard sale to benefit the Monday Club. Lunch available for purchase.

Classes meet at the Bell House unless otherwise noted.

Monday Club – Mondays, 11:30 a.m. (lunch) / Noon (program)

Aging with Grace with DG – 2 p.m., Monday & Friday

Art Class with Nelle – 9 a.m., Tuesday

Piano Lessons with Wanda – 9 – 4 p.m., Tue. & Thur.

Troubadours Choral Group with Wanda – 10:30 a.m., Tuesday

Chair Yoga with Danielle – 2 p.m. Tuesday & Thursday

Adult Coloring Class with Nelle – noon – 2 p.m., Tue.

Beaus & Belles Hand Bell Group with Wanda – 10 a.m., Thursday

Ceramics with Nelle – 10 a.m. & 1 p.m., Thursday

Bridge – noon, Friday

AARP Driver Safety with Red Grange – 11:30 a.m. – 40 p.m., *Tues. 9/18 Call to reserve your space. No lunch break – bring a sandwich to enjoy during video portions of the class. Cost is \$15 for AARP members, \$20 for non-members. Checks payable to the AARP, payable the day of class.

Intermediate Line Dance with Mimi –

Meets at Carver Center – 9 a.m., Friday

Beginner + Line Dance with Mimi –

Meets at Carver Center – 10:30 a.m., Friday

Strider's Walking Club – Fayette Mall Food Court – 9:30 – 11:30 a.m., Wednesday. Walk when and where you choose, keep track of miles or time to be recorded at the group get-together on Sept. 19. Incentives from the Lexington Medical Society are also available.

Water Fitness with Denny –

Fall classes resume Sept. 11 & 12

- Tues. & Thurs. 9 a.m. Beaumont YMCA
- Wed. & Fri. 1 p.m. North Loudon YMCA



Aging Services
Lexington Senior Center
200 E. Main St.
Lexington, KY 40507

Return Service Requested



Mission Statement

The Lexington Senior Center is a community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence and encourage their involvement in the community.

Next Best Years of Your Life Conference

September 14 at the
Fayette County Extension Office

The next years of your life can be the best years if you take the time and effort to recognize needs and seek answers. Join us for a day of discovery and challenge yourself to learn, create, and enjoy!

Cost: \$12
Register by Friday, September 7

DATES TO REMEMBER

9/3 – Labor Day – Senior Center is CLOSED
9/5 – Participant's Council
9/5 – NYK – Tony Delk Center
9/11 – Empowering your care decisions
9/11 – NYK – Falls prevention
9/11 – Disaster preparedness
9/11 – Garden 101 Group
9/12 – Thanksgiving basket deadline
9/18 – Cardiac & stroke screening event (please register)
9/19 – NYK – Humana 360: Silver Sneakers
9/20 – Fall craft (must register)
9/21 – Love on a leash
9/25 – Health Screenings Fair
9/27 – Origami (must register)
9/27 – Aging support group
9/28 – Movie matinee

This information is made possible in part by state and/or federal funding provided by the Department for Aging and Independent Living.